

**WHAT IS CLAIMED IS**

1. A composition, comprising:

a) a topical lightening agent in an amount effective to inhibit DOPAchrome tautomerase, DHICA polymerase, or both; and

b) a vehicle.

2. The composition of claim 1, wherein the topical lightening agent has a melanin synthesis-regulating agent.

3. The composition of claim 2, wherein the melanin synthesis-regulating agent is selected from the group consisting of coconut water, palm water, concentrates of the foregoing, and any combinations thereof.

4. The composition of claim 2, wherein the melanin synthesis-regulating agent is a concentrate of coconut water.

5. The composition of claim 2, wherein the melanin synthesis-regulating agent is selected from the group consisting of coconut milk, palm nut milk, pecan nut milk, almond nut milk, cashew nut milk, walnut nut milk, concentrates of the foregoing, and any combinations thereof.

6. The composition of claim 2, wherein the topical lightening agent further has a melanin uptake-inhibiting agent in an amount effective to inhibit the transfer of

melanin from melanocytes to keratinocytes.

7. The composition of claim 6, wherein the melanin uptake-inhibiting agent is an extract of perilla.

8. The composition of claim 6, wherein the melanin uptake-inhibiting agent is an extract selected from the group consisting of perilla leaf, perilla seed, perilla stem, and perilla root.

9. The composition of claim 6, wherein the melanin synthesis-regulating agent is a concentrate of coconut water and the melanin uptake-inhibiting agent is a perilla leaf extract.

10. The composition of claim 1, wherein the topical lightening agent is present in an amount about 0.001 to about 20 wt% based on the total weight of the composition.

11. The composition of claim 1, wherein the topical lightening agent is present in an amount about 0.01 to about 5 wt% based on the total weight of the composition.

12. The composition of claim 1, wherein the topical lightening agent is present in an amount about 0.1 to about 2.5 wt% based on the total weight of the composition.

13. The composition of claim 1, wherein the composition is in a product form selected from the group consisting of a cream, a lotion, an ointment, a gel, a foam, a pomade, an aerosol spray, a pump spray, a stick, a towelette, and a patch.

14. A method of lightening skin, hair, lips, and/or nails, comprising: applying topically to the skin, scalp, hair, lips, and/or nails the composition according to claim 1.

15. The method of claim 14, wherein the composition is topically applied to treat a skin condition selected from the group consisting of freckles, age spots, dark spots, hyperpigmentation, post-inflammatory hyperpigmentation, discoloration, melasma, yellowing, dark circles under the eyes, and any combinations thereof.

16. A topical composition, comprising:

- a) an extract of perilla leaf and
- b) a vehicle.

17. The composition of claim 16, wherein the perilla leaf extract is present in an amount effective to inhibit the uptake of melanin by keratinocytes in the skin.

18. The composition of claim 16, wherein the perilla leaf extract is present in an amount about 0.001 to about 20 wt% based on the total weight of the composition.

19. The composition of claim 16, wherein the perilla leaf extract is present in an amount about 0.01 to about 5 wt% based on the total weight of the composition.

20. The composition of claim 16, wherein the perilla leaf extract is present in an amount about 0.1 to about 2.5 wt%

based on the total weight of the composition.

21. The composition according to claim 16, wherein the composition is in a product form selected from the group consisting of a cream, a lotion, an ointment, a gel, a foam, a pomade, an aerosol spray, a pump spray, a stick, a towelette, and a patch.

22. A method of lightening skin, hair, lips, and/or nails, comprising: applying topically to the skin, scalp, hair and/or nails the composition according to claim 17.

23. The method of claim 22, wherein the composition is topically applied to treat a skin condition selected from the group consisting of freckles, age spots, dark spots, hyperpigmentation, post-inflammatory pigmentation, discoloration, yellowing, melasma, dark circles under the eyes, and any combinations thereof.

24. A composition, comprising:

a) a topical lightening agent selected from the group consisting of coconut water, palm water, palm nut milk, pecan nut milk, almond nut milk, cashew nut milk, walnut nut milk, concentrates of the foregoing, and any combinations thereof; and

c) a vehicle,

wherein the topical lightening agent is present in an amount effective to inhibit DOPACHrome tautomerase, DHICA polymerase or both.

25. The composition of claim 24, wherein the topical lightening agent is coconut water or a concentrate thereof.

26. The composition of claim 26, wherein the topical lightening agent is present in an amount about 0.001 to about 20 wt% based on the total weight of the composition.

27. The composition of claim 26, wherein the topical lightening agent is present in an amount about 0.01 to about 5 wt% based on the total weight of the composition.

28. The composition of claim 26, wherein the topical lightening agent is present in an amount about 0.1 to about 2.5 wt% based on the total weight of the composition.

29. A method of lightening skin, hair, lips, and/or nails comprising: applying topically to the skin, scalp, lips, hair, and/or nails the composition according to claim 24.

30. The method of claim 29, wherein the composition is topically applied to treat a skin condition selected from the group consisting of freckles, age spots, dark spots, hyperpigmentation, post-inflammatory pigmentation, discoloration, yellowing, melasma, dark circles under the eyes, and any combinations thereof.